AGES 11–14 30 MIN

What's really on your plate?

Plan a meal. Then explore its connections to a household budget, personal wellbeing, cultural traditions, and the environment.

NAME _____ DATE _____

1 **CHOOSE** Pick a meal for a fictional household. List its ingredients.

2 **INVESTIGATE** Estimate its cost and identify where two ingredients come from. Note what you do not yet know.

3 **CONNECT** Discuss how time, money, access, and culture shape the meal.

4 **REFLECT** Suggest one change to reduce waste. What tradeoffs might it create?

DISCUSSION PROMPT

How might the best choice differ for another household?